

00:00:00:07 - 00:00:47:19

Daniel Meyer

It's come in to a place to where now I feel like the arbor, the autism is not a hindrance. It's I see it more of as this is who I am and that's okay. And I'm blessed by it and I'm going to use it to the best of my ability because we work really hard to be able to work through the anger to work through the depression, to work through the anxiety, to be able to navigate and not allow that affect the marriage for the negative like it used to.

00:00:51:19 - 00:01:12:07

Eileen Lamb

Welcome to Adulting on the Spectrum. In this podcast, we want to highlight the real voices of autistic adults, not just inspirational stories, but people like us talking about their day to day life. Basically, we want to give a voice to a variety of autistic people. I am Eileen Lamb, an autistic author and photographer, and I co-hosted this podcast with Andrew Komarow.

00:01:12:11 - 00:01:36:09

Andrew Komarow

Andrew Hey Eileen, I'm Andrew, an autistic entrepreneur software engineer, co-host of this podcast today. Our guest is Daniel Meyer. Daniel has autism and HD. He's been married for almost a decade, but not quite. We'll see if he makes it. He likes to share with those on the spectrum that being different isn't so bad, but maybe not so good either.

00:01:36:17 - 00:01:52:05

Andrew Komarow

He also recently started a YouTube channel, which I have seen, but Eileen hasn't yet aware. He talks about how autism impacts his marriage and ways to overcome the unique challenges that he and those on the spectrum face every day.

Daniel, thanks for joining us.

00:01:57:05 - 00:01:58:12

Daniel Meyer

Thank you. I'm glad to be here.

00:01:59:12 - 00:02:25:07

Andrew Komarow

Awesome. Me, too. Eileen, maybe only a little bit. So we like to start off our podcast by asking each guest how they prefer to identify. And we don't mean pronouns such as she, her, they, them. We mean autistic on the spectrum. Asperger's, as Eileen likes to say, to offend people on purpose. So if you have a preference and if so, what is it?

00:02:26:08 - 00:02:32:07

Daniel Meyer

I do like Asperger's, but I'm also under the understanding of it's either or I'm okay with it.

00:02:32:16 - 00:02:39:08

Andrew Komarow

Do you like to do it just because other people don't like it like Eileen? Or is that what you were diagnosed with? Why is that your preference?

00:02:39:18 - 00:02:46:03

Daniel Meyer

I think it's more my preference because it seems like it dials more into, I guess, my diagnosis.

00:02:46:22 - 00:02:48:09

Andrew Komarow

More accurate description.

00:02:48:18 - 00:02:50:06

Daniel Meyer

Yes. Yes.

00:02:50:22 - 00:03:12:04

Eileen Lamb

Yeah. For the record, that's why I like Asperger's, because I feel like if you say autism is so broad that, you know, it doesn't convey right the way the struggles and, you know, it's it's too broad. Autism and Asperger's, like people, they they get an idea right away of what it might look like. You know, So I wish it was still a diagnosis personality.

00:03:12:14 - 00:03:12:22

Daniel Meyer

Yes.

00:03:12:23 - 00:03:24:05

Eileen Lamb

So see then and I have that in common. So, Daniel, speaking of, can you tell us about your your diagnosis. What was that journey like?

00:03:25:04 - 00:03:35:02

Daniel Meyer

Oh, it was very interesting. It in the beginning, whenever but for my wife was married, she when we were talking, she kind of notices you.

00:03:35:13 - 00:03:40:05

Andrew Komarow

And you say before your wife was married, assuming you mean married to you?

00:03:40:06 - 00:03:40:23

Daniel Meyer
Yes. Married.

00:03:41:05 - 00:03:43:21

Andrew Komarow
Okay. Okay. Just an only you, right?

00:03:44:06 - 00:04:05:23

Daniel Meyer
Yes, Only me. Only. It's. That's another whole nother story. A whole nother journey. But that's where it all initially started is whenever before we got married, she had made mention of hey, because her dad is on the spectrum as well. So. And he also got labeled with Asperger's. So that's kind of another affiliation there that I like about it.

But whenever we were married, it took me three years before I was willing to go get tested. I didn't accept it. I didn't like it. I was highly ignorant to it and just did not fully think I was like, Well, no, I'm not that or I'm not. Whatever you're saying is because I just had that mentality of, No, no, no, that's not me.

00:04:30:15 - 00:04:53:10

Daniel Meyer
And then whenever we finally started looking into it and just started accepting it, like, okay, well let me just go get tested. So we ended up looking around and found a place. University of Texas doctor, a loved one. She specialized with adults because that's one thing I did notice is a lot of people specialize with kids, but not in adults.

00:04:53:13 - 00:05:30:01

Daniel Meyer
So we went there, got diagnosed with being on the spectrum, and then also ADHD. So but what's interesting about that is it took me about another three years to fully accept that I have Asperger's. So it was it was quite the journey there as well to really coming into that. First of all, it's a lot different than what I thought it was because we all have an initial thought or what we think something is until we finally start diving in to understanding the fullness of it.

00:05:30:01 - 00:05:31:23

Daniel Meyer
So it was it was quite the journey.

00:05:33:04 - 00:05:48:16

Eileen Lamb
Now, what was the process like? And by the way, I'm in Austin, Texas, too. So it's interesting

that you went through through UTI. Like, how long did it take, how many meetings you are with? Was it a psychologist? Can you tell us a little more?

00:05:49:12 - 00:06:21:15

Daniel Meyer

Yes. She I mean, she's like, yeah, I guess psychologist Dr. Love, I'm not sure exactly what she was, but it was about three meetings that we went and my wife that came and then my brother came kind of met with the family the three times. And I think they were about 2 hours long each or so. And so, yeah, it was it was just a that was the main process right there was getting in because it took a while, first of all, to find somebody.

00:06:21:15 - 00:06:37:13

Daniel Meyer

And then we were on the waiting list for like six months to be able to see her. So I don't know exactly what her title is, but I just know that she specialized with adult autism and diagnosing.

00:06:37:13 - 00:07:00:03

Andrew Komarow

You said that it took you, you know, three years to be able to accept it. And I feel like that's something that didn't take me quite as long, but it did take me a while. And I feel like that's something we don't talk enough about on the podcast we get there seems to be almost like two people, people who are like the opposite of that, like they accepted it, like before they were diagnosed.

00:07:00:03 - 00:07:27:07

Andrew Komarow

Like it's like everything. They almost make it their identity right away, right? It's like all and then, you know, there's can you, can you share a little bit more about not accepting it? What was it just time just to share more about, you know, why it took you three years to accept it and what changed along the way, if that's not too open ended?

00:07:27:07 - 00:07:27:20

Andrew Komarow

A question.

00:07:28:22 - 00:07:57:16

Daniel Meyer

It's very valid. The the main thing I'll just go and say is I'm stubborn. I'm very stubborn on thinking one way, believing another. And so whenever I was diagnosed, it was it made sense, but I couldn't fully take hold of it. It was, okay, well, this makes sense. Why, whenever I would be struggling with something, this would happen, or whenever I'd be in a certain environment, this is how I was feeling.

So I was seeing all these little signs. But honestly, for me it was a matter of I felt weak. Like that's just the honesty. You want to know? I'm a strong man. I got to be strong. That's what society says. You got to be a man. Toughen up, do what you got to do. And so there's this fight of don't accept it.

00:08:15:08 - 00:08:39:17

Daniel Meyer

Do are not. Is that me? Is it not? And then I went to the the acceptance of okay, that is me. And then I took it on to the fullness of walk. Well, I'm just completely autistic and that's everything. That's who I am. I've just autism defines everything. And so I had this this battle of being able to bring it down to reality of, okay, this is something that, yes, I do have this is a part of me, but it does not define me.

It is certain aspects of my life that does define certain things, but it's not completely me. So I think it's just finding that balance because society says one thing, a doctor says another thing, and then everybody's experience is a little bit different. So it's hard to say, Well, this is the path and this is the way because just like you said, you accept it quick.

00:08:59:23 - 00:09:04:14

Daniel Meyer

And I'm like, well, you know, I wish I could have done that. And it just wasn't that case for me.

00:09:06:02 - 00:09:13:00

Andrew Komarow

And just to clarify, I didn't accept that so quick, but I feel like a lot of people we have on the podcast do.

00:09:13:00 - 00:09:13:17

Daniel Meyer

All right. Okay.

00:09:13:18 - 00:09:24:23

Andrew Komarow

So no, and I know I relate to it, it taking a little while as well for for similar reasons, even though I wasn't denying it, I wasn't accepting it either. Right.

00:09:24:23 - 00:09:29:11

Daniel Meyer

It was. Yes. Yes. That middle ground. That's just it's it's confusing.

00:09:30:23 - 00:09:54:15

Eileen Lamb

Yeah. And see, to me, I was neither, like, accepting it or like, not wanting it. I was really in I want to know, you know, like before my diagnosis, like there are signs and all of that, But I was like, you know, it could be something else. Could be like, just like, social anxiety with, like, ADHD or could be, you know, it was like schizophrenia.

00:09:54:15 - 00:10:14:07

Eileen Lamb

What do I know? You know, I'm not a doctor. Like, there are so many yoga, like living conditions that I didn't accept the diagnosis before it came. But when you define any camp, it was like a relief, though I was relieved because I was like, okay, so that's why all of these things are so difficult for me and they're not difficult for other people.

00:10:14:07 - 00:10:33:01

Eileen Lamb

So it was like, Give me Ensur's I don't know if I accepted it right away, but I did feel some relief. And also like I was like, Oh, but why isolate? Like imagine all of the therapy I could have had if I had been diagnosed as a child because I was 25 when I was diagnosed. So it's like, yeah, a, a lot of feelings.

00:10:33:01 - 00:11:01:11

Eileen Lamb

But yeah, I think what Andrew's saying is true is that a lot of people like hell. Some people don't even seek a professional diagnosis. They're like, Oh, I'm autistic, you know, self-diagnosed, which I don't agree with but it's sorry for are are so yes, definitely interesting to see that wide range of experiences. So you said that you've run into people who said that you don't look autistic like what does it make you feel and how do you deal with it.

00:11:01:11 - 00:11:24:19

Daniel Meyer

In the beginning I dealt with it angrily where I just kind of cut them off and I was like, okay, then I don't ever need to deal with you again. Just that initial reaction of just wanting to push them away and keep them away. But over time, what? Because my wife, she's in the mental health field and so that's really where a lot came to light as her guiding me along this process.

00:11:24:19 - 00:11:44:17

Daniel Meyer

And so she also helped me to understand when people are saying that it's just out of sheer ignorance, it's not that they're trying to attack, it's not that they're trying to invalidate. It's just they don't fully know because there's been several times where I've been excited about sharing, Hey, you know, I was I was diagnosed, I'm on the spectrum and all these things.

00:11:44:20 - 00:12:05:02

Daniel Meyer

Oh, you don't look like you're on the spectrum. I don't think you are. And it's just it's really disheartening because when you come to that place of accepting and learning your uniqueness, it's just saying invalidate everything. So what I had to learn to do was just stop and say, okay, yeah, that was hurtful, but I'm going to go ahead and just label it as they just don't understand.

00:12:05:02 - 00:12:12:22

Daniel Meyer

They don't know the fullness of it, and that's okay. And learning that I don't need others to validate me for me to be who I am.

00:12:13:21 - 00:12:28:22

Andrew Komarow

Hey, Eileen, I think it's been like two episodes since I've said my favorite quote, which is Hanlon's razor, right? Never attribute anything to malice that can be adequately explained by stupidity.

00:12:28:22 - 00:12:31:04

Eileen Lamb

Basically, people don't know any better.

00:12:31:09 - 00:12:40:11

Andrew Komarow

That sums up what I what you. That's some of what you were saying. Correct. Right. Never it. Yeah. They're not me and they're just idiots. Right. And then that's.

00:12:40:22 - 00:13:03:00

Daniel Meyer

Yeah. Putting it in the way that we understand because whenever you say that people get offended that way also. So it's just a matter of finding that middle ground of okay, it's understandable and just you just do your best to not let it affect you. Like you said, it's just you just do what you have to do to be okay with yourself.

00:13:04:11 - 00:13:25:10

Andrew Komarow

You mentioned earlier how people would say that, you know, you don't look autistic. You know, you don't seem autistic. Just curious how how does that come up in, you know, conversations? You know, those that can get me people to go, I'm autistic or. And how has that changed with you accepting your diagnosis over these years?

00:13:26:13 - 00:13:54:19

Daniel Meyer

I do not bring it up as much as I used to, but I still bring it up and it's more or less to do my best

to help educate people that are around me because I if there is something I can share with them to help them understand and see it a little differently and and make it, we're really not so much for me, but when they run into somebody else that may not be in the same place that I at, that they're seeking someone to listen, that they will at least listen and hear them out.

00:13:54:19 - 00:14:15:20

Daniel Meyer

And not just completely invalidate them, that they'll hear what they have to say. Because there's been several times I've been shut down hard and that made me stop as well. But that's where finding the middle ground of, if I can see it coming into a conversation and it being of use and educational and helping. Yes, I'm all for.

00:14:15:20 - 00:14:35:05

Daniel Meyer

And that's where what I find myself now doing is I'll explain it to people say, Yeah, I'm on the spectrum. Oh, really? And I've had a little different shift of people, how they react and how they talk. It's almost like once I became okay with it and secure in myself now and I share it, people are more open to listen.

00:14:35:05 - 00:14:58:16

Daniel Meyer

But I guess when you're excited in that first moments of like, Hey man, I want to tell you something, it's they have a hard time knowing how to take it because then they're like, Are you sick or are you are you okay or what? What does this mean? They don't know fully what it means. So but yes, I have been able to tone it down and not just tell the whole world, but kind of find out where it's going to work and where it fits in.

00:14:59:05 - 00:15:02:14

Andrew Komarow

Less like you're a vegan CrossFit. R Right? Yes.

00:15:03:09 - 00:15:04:10

Daniel Meyer

Yes.

00:15:04:10 - 00:15:07:13

Andrew Komarow

Eileen, did you get that reference? You didn't laugh, though. I'm hilarious.

00:15:07:22 - 00:15:10:00

Eileen Lamb

Really did not get that reference.

00:15:10:04 - 00:15:16:00

Andrew Komarow

Oh, people who are vegans never shut up about being vegans. People who do CrossFit never shut up.

00:15:16:00 - 00:15:18:04

Eileen Lamb

All right. Yeah, yeah, it's okay.

00:15:18:08 - 00:15:20:11

Daniel Meyer

It's their license, their being. Yeah.

00:15:20:13 - 00:15:59:22

Andrew Komarow

So any vegan CrossFit ers who listen to or on this podcast, you're more they know you come on. This podcast did not shut up about it either but it is very easy so so you mentioned at least a couple of times or maybe that's just because I watched the video a couple of times. So Matt, that you've been married for for nine years, which is almost ten, do you have anything you nine seems like very, you know, specific you know, I've been married for nine to my ten is coming up and I haven't planned shit.

00:16:00:05 - 00:16:19:07

Andrew Komarow

Good thing my wife doesn't watch this podcast anymore. But what do you have planned? Congratulations. I know it's ten years and and in May for me. Did you have anything planned or. And basically so I can steal your ideas that that that's what I'm going for here.

00:16:20:02 - 00:16:45:19

Daniel Meyer

Ten years will be for us in March March focused my plans were to go to Hawaii and do like a remarriage just kind of doing a whole little small ceremony again, but just somewhere that we want to go. But my wife, when she went to school, kind of changed those plans because she's got her master's in mental health field.

00:16:45:19 - 00:17:12:03

Daniel Meyer

And so it shifted all our plans. And so now we're just kind of like, okay, let's look at the 11th year. We'll make the 11th year a little more important. But really this year it's we're just celebrating the fact that we have ten years and that it's been a lot of hard work and just really staying at home, making a fire outside and just talking and enjoying one another, just kind of reminiscing.

00:17:12:03 - 00:17:34:02

Daniel Meyer

Over the years that we've been together, that's about our big, magnificent plan because it yeah, it all kind of shifted on top of that recently for my bicep tendon. And so I've been out of work for about three months under sick leave, but it kind of just shifted everything as well. So everything's not the way I was planning it, but I'm not going to let everyone.

00:17:35:14 - 00:17:59:01

Eileen Lamb

Good to it that you have a positive attitude about it. So. So that's good. Do you think autism and ADHD affect your your marriage like, you know, in any like negative way, any positive words like are there adjustments that you've had to make there?

00:18:00:16 - 00:18:29:07

Daniel Meyer

I'm going to say for right now, everything has its place and it's gotten to where I believe the autism is a good thing. It allows me to really pay attention to detail what they're taking and using the things that are hypersensitive for the good, not necessarily letting it overwhelm me, but kind of paying attention to the detail and hearing what she's saying, which I'm not going to say it completely attributes to autism.

00:18:29:07 - 00:18:55:04

Daniel Meyer

I mean, that's part of who we are, but it has become a positive thing now, whereas before in the marriage it was bad. Like, I just I was very stubborn, very it was on me. But when we grew throughout the years and then when I finally got the diagnosis and she worked with me, it's come in to a place to where now I feel like the are the autism is not a hindrance.

00:18:55:04 - 00:19:17:09

Daniel Meyer

It's I see it more of is this is who I am and that's okay. And I'm blessed by it and I'm going to use it to the best of my ability because we work really hard to be able to work through the anger, to work through the depression, to work through the anxiety, to be able to navigate and not allow that affect the marriage for the negative like it used to.

So it's in there still the days that it pops up and you got to name it, tame it, claim it and and get rid of it. But overall, no, it's it's been a blessing to me. I'm at a point now to where I see it makes me so firm and fierce in what I think. You know, I believe that you're not going to change my mind.

00:19:37:18 - 00:19:52:04

Daniel Meyer

You'll have to kill me to change my mind. So that's one thing that I really found very I hold on to that, that no, this is me and my wife and man, I'm a love of the black.

00:19:52:04 - 00:19:57:04

Eileen Lamb

Do you want to tell us about your YouTube channel? What made you want to start your YouTube channel?

00:19:58:12 - 00:20:15:13

Daniel Meyer

Yes. First narcissism before, whenever I've wanted to do it for a long time. But I was always afraid of getting in front of the camera and honestly saying something stupid or doing something stupid, which seems to be very, you know, goes viral nowadays, but more.

00:20:15:13 - 00:20:19:22

Andrew Komarow

Like, why haven't I gone viral? That I'm like, that's like, you know?

00:20:21:08 - 00:20:52:17

Daniel Meyer

So, yeah, you just I don't know what takes anymore. I've just been told you got to put a bunch of videos out there and then something will take eventually. But more or less where we were, what I wanted to do was just to be able to share and encourage others out there. Because I know whenever you're going through the process of growing and learning and knowing, it really helps whenever you know somebody else is out there struggling with the same thing, struggling with those thoughts and you don't feel so alone going through these problems because that's the one thing.

00:20:52:17 - 00:21:17:04

Daniel Meyer

There was many times that you just I felt very alone, like nobody understands me. No one understands how I'm feeling. And even with my wife, it was limited on her being able to fully understand me. And so what I want to be able to do is just get out and encourage people and help people. And especially because, I mean, from what I've been told ten years, being married on the spectrum is that that's a great thing.

00:21:17:04 - 00:21:43:08

Daniel Meyer

So congratulate Patience to everybody is here for being able to maintain that because the statistics don't stand to prove that that's the case. But that's one of the things we really want to share is our relationship and also the faith and just the different dynamics of being married on the spectrum and and making everything work together.

00:21:43:08 - 00:22:04:02

Andrew Komarow

From the little bit I saw on your YouTube channel, it seems that you have a sarcastic streak. Like I lean on myself. Is that true? And if so, why do you think so many with autism are assumed not to be sarcastic? And how does that affect you in your marriage?

00:22:05:13 - 00:22:24:22

Daniel Meyer

And that's another reason why I held back from doing a YouTube video is because I feel like people are going to tell me I'm not autistic enough. And, you know, like you said, there's common traits, but there's also social stigma as well. If you stare at somebody in the eye, then you're not autistic. If you have a sense of humor, you're not autistic.

00:22:25:10 - 00:22:49:22

Daniel Meyer

And it was always, you know, I'm like, oh, then sarcastic and I enjoy laughing and having fun is that's not a problem. That does not make you, you know, not have Asperger's. So now it is a part of our life and it's something that we enjoy because, I mean, I'm very, very sarcastic with her and in some days a little too much.

00:22:49:22 - 00:23:14:22

Daniel Meyer

But, you know, it goes with the grounds of overdoing it sometimes. But no, it is a lot of fun. I find it funny. The only thing is sometimes my sarcasm is luckily she's she catches on, but it can be very brutal, you know. So it's it's kind of like one of the things just like she was telling me something the other day and I was like, You know, honey, what you want doesn't exist.

And so it's just this. But she got it. She understood it. But yeah, it's funny, whenever people want to look at you and they're just like, Man, that's just weird that you're that way. And what I've kind of seen is it's called like invisible autism or, or you're not the comment. Oh, well, you rock back and forth and you have ten ticks and you do this and you do that.

00:23:37:19 - 00:24:07:01

Daniel Meyer

Like you said, it's a spectrum. You can't really label it as one thing. And so if you're sarcastic or sarcastic, have fun, be sarcastic about it. You just have to learn that even people that aren't diagnosed with anything, we all struggle with something. And so just let it be live and enjoy life, don't we don't have to be so critical with one another and so whenever people want to bring that, I'm just like, It's okay, I'm having fun, so I'm good.

00:24:08:12 - 00:24:19:20

Eileen Lamb

I totally relate to this. Sometimes the sarcasm is too brutal. Sometimes people don't know if I'm

joking or if I'm serious because it's so like, you know, the deadpan and so cold.

00:24:20:04 - 00:24:22:04

Daniel Meyer

The difficult to do that.

00:24:22:15 - 00:24:23:19

Andrew Komarow

Can you give us a good example?

00:24:24:05 - 00:24:25:07

Eileen Lamb

You know?

00:24:26:14 - 00:24:31:06

Andrew Komarow

Oh, I have I talk about the questionnaire that I submitted.

00:24:31:06 - 00:24:51:21

Eileen Lamb

Yeah. And you submitted a questionnaire to do some advocacy for Autism Speaks at Hill Day. And for the question about do you need any sensory accommodation, you said that she wanted a quickie do ice cream as an accommodation at.

00:24:51:21 - 00:24:56:08

Daniel Meyer

That's a good one. That's a good one. Is there enough?

00:24:56:08 - 00:24:56:16

Eileen Lamb

Yeah.

00:24:58:21 - 00:24:59:01

Andrew Komarow

Yeah.

00:24:59:03 - 00:25:01:13

Eileen Lamb

That what it has to be, Kit. All right.

00:25:02:14 - 00:25:08:12

Andrew Komarow

No, I actually haven't been Quito for like six, nine months. Yeah. When you say.

00:25:08:12 - 00:25:09:20

Eileen Lamb

You don't speak about it anymore.

00:25:10:15 - 00:25:25:16

Andrew Komarow

Is. Well, you know, like I. And when you have a five or six year old and like all your eating or it's like they're on fish, chicken nuggets and grilled cheese. Right. Like it's really hard to, you know, to stay.

00:25:26:01 - 00:25:27:13

Eileen Lamb

To be ketogenic. Yeah.

00:25:27:13 - 00:25:40:17

Andrew Komarow

Yes. Well I was keto for like, you know, six, seven years before I was cool. So now that I'm popular, I can't go anymore because now is popular. So I got a, you know, something else.

00:25:40:17 - 00:25:41:23

Eileen Lamb

It's not cool anymore.

00:25:41:23 - 00:25:50:10

Andrew Komarow

Yeah. No, no, no. Now it's cool. So now I can't be cool. Like it's too cool. So I can't do it anymore.

00:25:50:18 - 00:26:07:23

Eileen Lamb

You know? I feel like. I mean, we're kidding about it, but I can have this mindset if something becomes cool. I don't really like it anymore because I don't want to look like I'm following, like, you know, do or, you know, it's kind of dumb, you know, way if you think about it. Because if I like something, I like it.

00:26:08:06 - 00:26:25:0

Eileen Lamb

But you know, it's like it's fun. I mean, I still love it, but the new Netflix show came on a drive to survive. And now so many people are into F1. And I just like, I want people to know that I've been watching F1 since I was a kid. It's not because of the Netflix show Drive to Survive.

00:26:25:00 - 00:26:34:23

Okay, I really liked F1 before and it's just like, that's weird thing that. Yeah. And I don't know, I think it's kind of stupid, but my brain works that way.

00:26:35:02 - 00:26:40:01

Andrew Komarow

I don't think it's stupid because it's exactly how I am. So if you're stupid, then I'm stupid. So yeah.

00:26:40:07 - 00:26:40:19

Eileen Lamb

Well, I see you.

00:26:41:10 - 00:27:04:16

Daniel Meyer

Being used to being an individual and being your own kind of world. It's it's hard whenever the whole world tries to come along and be a part of your world. So there's, like, this separation of, Well, I'm not a part of the world, so I'm kind of my own, so therefore I don't need to do that. It's just it's interesting, but I know what you mean, where you get into this place where, well, if it's popular, then I don't want to do it and I'm not going to do it.

But we shouldn't get in the way of what we enjoy. But it does. Sometimes it's just with our brains working, there's nothing wrong.

00:27:15:15 - 00:27:31:12

Eileen Lamb

So, Danielle, you talk on your on your YouTube channel that being grounded has helped you on your autism journey. Can you tell us more about that? Like, can you share what being grounded means to you?

00:27:31:12 - 00:27:56:19

Daniel Meyer

The being grounded? I mean, that to me it means several different things. One would be being able to acknowledge, first of all, how I'm feeling, being able to be aware of all the surroundings, not just one thing, because so many times you get hyper focused on one thing, and when you get hyper focused on one thing, it causes everything else.

00:27:57:02 - 00:28:19:13

Daniel Meyer

That could be the possible problem to on to that one. So being grounded for me is being honest with myself. Honestly, getting I don't know about you, but for a long time I could not deal with being by myself and alone with my thoughts because it just it was nonstop and like, going to bed was like, okay, how can I finally go to sleep?

00:28:19:13 - 00:28:41:08

Daniel Meyer

How can I just can't stop thinking? And whenever I'd wake up, I'm still thinking. And it just was this constant moving and never stopping. And so what I had to work on and my wife helped me out a lot is just being able to stop and just try to really meditation, doing the breathing exercises whenever I was in therapy, because I've been in therapy for, I mean, two and a half years.

00:28:42:04 - 00:29:11:08

Daniel Meyer

One of the exercises was a breathing exercises, which this was in the early stages of therapy, and I was just like, This is stupid. I'm not going to do this. And I was like, And then I actually did it, you know, when I got I was like, okay, I got to be honest with you, that worked. And I did like how it kind of help calm the central nervous system because you have the mindset, but you also have the body and understanding if something's worked up or if your system is overworking, you've got to bring it back down.

00:29:11:08 - 00:29:29:14

Daniel Meyer

And so one of the grounding techniques is the breathing, the other is going and closing your eyes and you're next to a river and there's a tree and the leaves fall and they hit the river and they go down the river. And so you put your thoughts in the worries and everything on there and just let it float away.

00:29:29:22 - 00:29:56:04

Daniel Meyer

So little techniques like that were helping me to slow my brain down to where I could actually stop and think. And then a lot of the other grounding technique techniques were going outside. There's something about nature, there's something about animals or something, because I have tortoises, I have a bunch of tortoises. And I think what grounds me with them is they're slow, they're methodical, they're strong.

00:29:56:04 - 00:30:22:07

Daniel Meyer

And it just kind of showed me that, okay, slow down, think things through, don't have to be going a million miles an hour. And so when when I go outside, we'll have a fire and just kind of listening to the fire, you have to use those senses to be able to pick up on different noises that kind of help bring you down and don't get you all excited or anxious or cause you to for the negative rather than the positive.

00:30:22:07 - 00:30:46:02

Daniel Meyer

So learning to control your mind and bringing it down and enjoying certain sounds, enjoying

certain smells, enjoying certain feels really help me to be grounded and start slowing down and actually be in the present because I was either living in the past or I'm shooting for the future. It was hard because my wife would always be like, You just need to be in the present.

I'm like, I'm here, I'm here, but my mind was somewhere else. So finally also kind of breaking down. Am I in the present? I would ask myself, Am I here? Am I enjoying? Am I off somewhere else? Okay, If I'm not, then I need to bring myself back and focus on being in the present and being here with my wife, being here in the place that I'm at.

00:31:08:07 - 00:31:19:23

Daniel Meyer

So being grounded has many facets and everybody's going to ground a certain way. But for me, nature and getting to talk to my wife, slowing the brain down helped me a lot.

00:31:19:23 - 00:31:45:13

Andrew Komarow

Yeah, I am. I have something called advantageous, so I can't visualize anything ever. It's always blank. So all that, you know, meditation that was like, you know, that didn't work for me. But, you know, I think the, you know, eventually, you know, you find something. So like, you know, very recently I, I live in northeast and there's tons of woods.

And so I have, I cut down a bunch of trees and I've found out that I really enjoy chopping wood. Yeah. And it's really fun. And my wife likes watching me chop wood. So that's a plus. But you know what? What's also funny to an alien? I should send you the picture like it's coming along. Like I'm building a wall.

00:32:08:07 - 00:32:38:02

Andrew Komarow

My neighbor said he wanted a fence. I'm building of a free fence. So pretty, pretty motivated. But people are like, Oh, you have a fireplace. No, you're home with wood. Nope. So yeah, that's like, just, you know, just enjoying it. It's like I'm not thinking about anything else. I, I, I don't know why so, but I very much enjoyed going outside and just chopping some wood like I got.

00:32:38:02 - 00:32:39:17

Andrew Komarow

I never would have thought so.

00:32:40:02 - 00:32:53:02

Daniel Meyer

So and that's, that's the thing is everybody's grounding technique is going to be different. Cause I know what you mean. Chopping wood. I've got a chainsaw sitting right there, But I'm. I'm like, Man, this is so much. There's something about.

00:32:53:02 - 00:32:54:04

Andrew Komarow

It. And like, I have.

00:32:55:17 - 00:32:58:19

Daniel Meyer

A steel 550.

00:32:59:04 - 00:32:59:16

Andrew Komarow

Cool.

00:33:00:04 - 00:33:03:19

Daniel Meyer

Yeah, it, you know, it's one of those that if you slip, you're going to really make a mess.

00:33:04:04 - 00:33:25:19

Andrew Komarow

Yeah. So I only ruin one pair of jeans and I cut down, like, 30 plus trees and a yard. So, like, good ones that I shouldn't have cut down on my own that were pretty. But I'm now I'm going through. So. Yeah. So now but yeah, no doubt like I bought this, I bought this like a firewood rack so it's like eight by eight.

00:33:25:19 - 00:33:39:20

Andrew Komarow

Right. And my wife said that when I fill it, we have too much firewood. So what I've done is I have stacked all the firewood, not in the rack. Right. Because now I haven't filled it. So now we don't have too much. So now I just.

00:33:40:09 - 00:33:42:00

Daniel Meyer

Work like that's the best.

00:33:42:05 - 00:33:44:02

Andrew Komarow

Exactly right. You know.

00:33:44:21 - 00:33:58:12

Daniel Meyer

So that's. That's, that's. No, I like that. That's. You get what you need to get. And the grounding comes and you get to enjoy it. And I don't know that you like doing the fires.

00:33:59:13 - 00:34:04:04

Andrew Komarow

Yeah. Yeah. We have a firepit outside and so I like, I like it a lot.

00:34:04:04 - 00:34:09:19

Daniel Meyer

So I'm very calming about that to the noise and just the heat and the light. It's, it's interesting.

00:34:10:03 - 00:34:27:10

Andrew Komarow

Now extremely I very, very much enjoy it quite a bit. So that is the fire that we do. We do have a fire pit outside so and I do enjoy it, but I didn't think I would enjoy, you know, chopping, chopping the logs so much. I was actually on hold with like, I don't know, I think like Comcast like last week.

So I figured I go outside and I like dump wood. And then the guy's like, Sir, if you don't mind me asking, are you chopping wood?

00:34:40:20 - 00:34:48:13

Eileen Lamb

All right, let's let's do some quickfire question then. That's how we end our podcast. Betsy, can you just tell us the first answer that comes to your mind?

00:34:49:06 - 00:34:49:12

Daniel Meyer

Okay.

00:34:49:23 - 00:34:59:09

Eileen Lamb

Ready? What's your favorite Texas barbecue spot?

Daniel Meyer

Cat Barbecue

Eileen Lamb

Favorite TV show.

00:35:00:22 - 00:35:01:14

Daniel Meyer

Big Bang Theory.

00:35:03:09 - 00:35:07:04

Eileen Lamb

Favorite drink?

00:35:07:04 - 00:35:09:17

Daniel Meyer
Hmm. Lemonade

00:35:10:23 - 00:35:13:17

Eileen Lamb
I thought it was going to be beer. I don't know why, though.

00:35:13:17 - 00:35:18:16

Andrew Komarow
Should specify hard drink or non-alcoholic drink.

00:35:19:05 - 00:35:19:23

Daniel Meyer
Yeah, either or.

00:35:20:20 - 00:35:21:11

Andrew Komarow
Yeah, well.

00:35:22:07 - 00:35:25:07

Eileen Lamb
Favorite music.

00:35:25:07 - 00:35:25:16

Daniel Meyer
Christian.

00:35:26:21 - 00:35:27:21

Andrew Komarow
I'm sorry. What was that?

00:35:28:13 - 00:35:31:05

Daniel Meyer
Christian music

00:35:31:05 - 00:35:33:07

Speaker 2
Briskets, Ribs or Wings?

00:35:34:09 - 00:35:34:20

Daniel Meyer
Brisket.

00:35:36:01 - 00:35:38:16

Eileen Lamb

Nice blue cheese or ranch?

00:35:39:08 - 00:35:41:05

Daniel Meyer

Ranch.

00:35:41:05 - 00:35:42:16

Andrew Komarow

Good. Okay, first.

00:35:43:19 - 00:35:53:09

Eileen Lamb

You know what? I don't know what I would say. It's true. Brisket, ribs, old. That's such a hard one. Brisket is so good that sometimes they're too funny. And then I like how it feels in my mouth. That's why I said ribs.

00:35:53:19 - 00:36:03:06

Andrew Komarow

The technique. I guess it has to be good. It's harder to do a good brisket. It's hard. It's harder to mess up ribs. It's easier to get it.

00:36:03:07 - 00:36:04:23

Daniel Meyer

Exactly true.

00:36:05:08 - 00:36:07:07

Eileen Lamb

Where where's that barbecue place you mentioned?

00:36:08:03 - 00:36:17:05

Daniel Meyer

It's here in Santa Fe, Texas. It's right down the road from us. And what they do is and once they run out, they run out for the day. But it's really good.

00:36:18:06 - 00:36:22:19

Eileen Lamb

Oh, yeah. We have some places like that in Austin, like Franklin's Barbecue. I'm sure you've heard of it.

00:36:22:21 - 00:36:23:22

Andrew Komarow

Yes. Yes.

00:36:24:14 - 00:36:27:13

Eileen Lamb

Obama, they skipped the line that was all.,

00:36:29:23 - 00:36:30:11

Daniel Meyer

Oh, wow.

00:36:31:20 - 00:36:42:03

Eileen Lamb

Okay, well, that was it. Before we go, can you tell people where they can find you on social media? I think you only have YouTube, right? You want to share your YouTube channel or anything, really? Self-promotion right now?

00:36:42:12 - 00:37:04:09

Daniel Meyer

Yes, it's us and autism. It's on YouTube. I need to get some more videos up and going. But that's that's my main platform for right now. I really don't have much. And I'm actually currently writing a book. I'm trying to get some of these thoughts out and get a book going. And I think the name should be called Surviving Childhood.

00:37:04:20 - 00:37:10:23

Daniel Meyer

So it's it's a work in progress. But yes, that's what I'm working on.

00:37:11:16 - 00:37:21:07

Eileen Lamb

Nice. Well, good luck.